

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 7, No. 4 • April 2017

Occupational Therapists Support OOAI Programs

Since 1980, April has been designated National Occupational Therapy Month; in 2017, the celebration continues all year as the American Occupational Therapy Association (AOTA) marks the 100th anniversary of the profession. Today, more than 213,000 occupational therapy practitioners nationwide help people of all ages participate in the things they want and need to do, and live life to its fullest by helping them prevent — or live better with — injury, illness or disability.

A Message from Howard County Executive

Allan H. Kittleman



Since taking office as County Executive, I've made it a priority to promote initiatives assisting residents of all ages and income levels to age in place in the County. Over the coming decades, we know our aging population will increase dramatically, and it is our hope that all residents will be able to remain in place in their homes if they choose.

With that in mind, we have created or expanded tax credits we believe will help our senior population and retired military personnel. The expanded Senior Tax Credit lowers the eligibility age from 70 to 65, expanding the number of property owners who may qualify for a 25 percent tax credit from 26,000 to more than 40,000. To qualify, residents must use the property as their primary residence and have a gross household income of \$81,200 or less. Also, the combined net worth of the household must not exceed \$500,000.

The new Aging-in-Place Tax Credit is geared toward older residents living on fixed incomes. To be eligible, a property owner must be 65 or older and have lived in the same dwelling for 40 years OR be 65 or older and a retired member of our Armed Forces. The Aging-in-Place Tax Credit provides a 20 percent credit on up to \$500,000 of assessed property value for a period of up to five years.

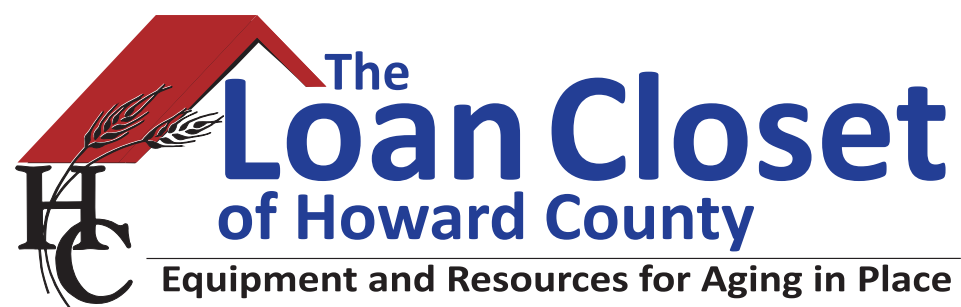
The Livable Homes Tax Credit helps seniors and individuals with disabilities make necessary improvements to their homes by providing a tax credit for the cost of installing accessibility features. Our recent expansion to this credit increased the amount from 50 to 100 percent of eligibility costs up to \$2,500 per year. The amendment also expanded the types of projects that qualify.

For more information, visit the Department of Finance's website at taxcredits.howardcountymd.gov or contact the Department's Tax Credit line at 410-313-4076.

The Howard County Office on Aging and Independence (OOAI) is one of the few area agencies on aging in the country that employs occupational therapy professionals. "We are nationally recognized for the unique work we do," says Mary Becker, manager of AAOI's Aging in Place program, "In fact, AOTA's Federal Affairs office recently invited us to present our model program to senators working on legislation which could impact Medicare services for home safety assessments and durable medical equipment to help people remain in their homes."

Three major barriers to consumers staying in their home include access in/out of the home, moving from level to level and needing bathroom modifications. "We assist consumers with solutions to all of these and so much more," explains Becker, "It's never just about a piece of equipment." Howard County residents Faye and Paul Green know firsthand how AIP services increased their home safety and helped them maintain independence through home modifications, a home safety assessment by an OT, Senior Care in-home aide assistance, and various items from The Loan Closet, OOAI's clearinghouse of donated medical equipment.

Occupational therapists work with other Aging in Place (AIP) staff, conducting home safety assessments for Howard County residents like the Green's, and making recommendations for durable medical equipment and/or home modifications. "Most people want to age in place. Finding the right mix of equipment and home modifications can create a safer environment to help them maintain their independence," says Carly Shilling, an OT with the AIP program.



The Loan Closet is an integral part of the Aging in Place program, providing Howard County residents and caregivers with donated medical and therapeutic equipment such as canes, walkers and wheelchairs, as well as instruction on how to safely use them, and referrals to other agencies which assist those who want to age in place. In May 2016, the Loan Closet relocated to the Long Reach Village Center, tripling its square footage and the number of people it can serve, from 800 to a projected 2,500 per year. The larger facility also enables it to accept a wider variety of donated items, including electric scooters, portable ramps and stair glides, which are returned to the Loan Closet when no longer needed.

Continued on next page

Protect Your Loved Ones' Identity After Death

Identity thieves can strike even after death. An identity thief's use of a deceased person's Social Security number (SSN) may create financial and other problems for family members, and also victimizes merchants, banks, and other businesses.

The Social Security Administration (SSA) maintains a national file of reported deaths for the purpose of paying appropriate benefits. The file contains the following information: Social Security number, name, date of birth, date of death, state of last known residence, and zip code of last lump sum payment. The SSA generally receives reports of death from a family member or a funeral home. Sometimes delays in reporting can provide time for identity thieves to collect enough personal information to open credit accounts or take other fraudulent actions using the deceased's information.

To prevent this from happening, a surviving spouse or other authorized individual, such as an executor, can notify the credit bureaus. This will ensure that the deceased's files are flagged with a "deceased" notation.

Notifying the Social Security Administration

In most cases, a funeral director will report the person's death to SSA. To ensure the death is reported promptly, a family member can make a report directly to an SSA representative by calling SSA toll-free, 1-800-772-1213 (TTY 1-800-325-0778), between the hours of 7:00 a.m. and 7:00 p.m., Monday through Friday. For more information, visit www.ssa.gov.



Notifying Credit Bureaus, Creditors and Others

To flag the credit files of a deceased person, the surviving spouse or executor should notify the three national credit bureaus in writing; include a copy of death certificate and proof of executorship or marriage. Notifying creditors on the credit reports and others that have access to the deceased's SSN (insurance companies, motor vehicle administration, utilities, etc.) can provide added protection.

If the Deceased's Identity Has Been Stolen

Notify the police in the decedent's jurisdiction with any evidence of the theft and request a Police ID Theft Report. Provide all affected entities with a copy of the death certificate and police report and request an immediate investigation.

For more information, contact the Howard County Office of Consumer Protection at consumer@howardcountymd.gov, 410-313-6420 or www.howardcountymd.gov/consumer.

OTs Support OOA Programs

continued from previous page

Diane Gibson recently received the first motorized scooter and wrote a note thanking the Loan Closet staff for "giving me my mobility and independence back." While larger items like stair glides, motorized wheelchairs and ramps are now available, the most requested items are transport wheelchairs, bathtub transfer benches, shower seats, and commodes. A partnership of OOA, The Rotary Club, Way Station, Inc., and Rebuilding Together Howard County, the Loan Closet is open Tuesday through Thursday, 9 a.m. to 4 p.m. and by appointment Monday and Friday.

Occupational therapists also offer support to older adults through other OOA programs, including Connections and Kindred Spirits Social Day programs. The directors of Connections at Glenwood, Connections at North Laurel and Connections at Ellicott City are occupational therapy practitioners, as are several of the program assistants. Designed for older adults who require a more structured environment than a traditional 50+ center, Connections offers meaningful, therapeutic activities to encourage participants to maintain their highest level of independence. Outings to local bowling centers, restaurants and community centers provide even more outlets for socialization.

The Kindred Spirits Social Club — offered at North Laurel and Glenwood — supports individuals with a diagnosis of an early memory disorder. Kindred Spirits offers a variety of activities which provide socialization, education, emotional support, and a continued sense of purpose and connectedness, all in a safe and nurturing environment. Both Connections and Kindred Spirits also provide respite and support for caregivers, who get a much needed break while knowing their loved ones are in good hands.

To find out more about these and other services offered through the Howard County Office on Aging and Independence, visit www.howardcountymd.gov/aging or call Maryland Access Point at 410-313-1234 (VOICE/RELAY).

P4C Pet Evaluations

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen, PROGRAM COORDINATOR
410-313-7461 • igleysteen@howardcountymd.gov



April 6 • 7 to 9 PM

Bain 50+ Center
5470 Ruth Keeton Way
Columbia 21044



Howard County Office on Aging and Independence

The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

Kim Higdon Henry, Editor
kahenry@howardcountymd.gov

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Perplexed by Medicare Rules and Choices?

By Bill Salganik, Counselor

State Health Insurance Assistance Program (SHIP)

The State Health Insurance Assistance Program (SHIP) provides local help with Medicare. SHIP's unbiased and confidential services are available free of charge to Howard County Medicare beneficiaries of any age and their families or caregivers.

Assistance is provided through public education presentations, such as the popular "Medicare 101" and "Medicare 102" sessions (for those new to Medicare) as well as one-on-one counseling.

SHIP Consultations Can Address the Following:

- **MEDICARE ENROLLMENT**
When do you need to sign up? What if you're still working?
- **MEDICARE PRESCRIPTION INSURANCE**
How do you find a plan that covers your medications? How do you keep up with the changes every year? How does that "donut hole" work?
- **MEDICARE ADVANTAGE/HEALTH PLANS**
What are the advantages and disadvantages, compared to "original Medicare" and supplemental insurance? How much are the premiums and co-pays?
- **MEDICARE SUPPLEMENTAL INSURANCE**
What kind of insurance covers your deductibles and co-pays? How do you find information about the companies and plans that are offered in Maryland?

The State Health Insurance Assistance Program (SHIP) can help. Call Us Today!

410-313-7392

- **INCOME-BASED ASSISTANCE**
Depending on your income and assets, you may be eligible for help with your Medicare costs. For example, there is a program that does not look at your assets and has a much higher income limit than you may think. We can advise on eligibility and help you fill out applications.
- **PROTECT YOURSELF — AND MEDICARE — FROM FRAUD**
How can you monitor whether you are being correctly charged for your healthcare services? What should you do if you think something is not right? What are some good practices to protect yourself?

To view the schedule of upcoming presentations, visit online at www.howardcountymd.gov/SHIP. To schedule a one-on-one appointment (available at various locations around the County), call 410-313-7392 (voice/relay). Contact us today for assistance.

BUILD CONFIDENCE. REDUCE FALLS.

Howard County Office on Aging and Independence

SteppingON

Exercise and Strategies for Fall Prevention

SteppingON is a seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance.

Health and community-service professionals provide expertise on balance-related issues. The small group setting encourages active discussion, decision-making and behavior changes.



WEEKLY TOPICS INCLUDE:

- Falls and Risks
- Safe Footwear
- Review of Medications
- Home Hazards and Vision
- Public and Community Safety
- Strength and Balance Exercises

\$28 includes 15 hours of workshop and materials

To achieve the most benefits from this program, we encourage a commitment to attend all seven sessions

TO REGISTER OR FOR MORE INFORMATION ►►►►►

CONTACT Jeannie DeCray, EXERCISE SPECIALIST
TELE 410-313-6535 (VOICE/RELAY)
EMAIL jdecray@howardcountymd.gov

 Howard County Office on Aging and Independence

If you need this information in an alternate format, contact Maryland Access Point at 410-313-1234 or map@howardcountymd.gov

www.howardcountymd.gov/aging

Medicare Education

FREE Information Presented by SHIP

Medicare 101

Wednesday, April 5 • 1:00 – 2:30 p.m.

Learn how Medicare Parts A (hospital), B (medical) and D (prescription drug) work, what the benefits are, and when to make decisions related to your coverage. Find out about programs that can help pay for Medicare health care costs.

Medicare 102 – Why Medicare Isn't Enough

Wednesday, April 12 • 1:00 – 2:30 p.m.

Determine which Medicare Health Plan is the right choice for you. Learn about Medicare Part C/Health Plans and Supplement Policies (Medigap Plans); how the different Medigap plans cover out of pocket expenses of original Medicare; how they are priced; and the best time to enroll. Learn how to protect yourself and Medicare from fraud.

Using Medicare's Plan Finder

Wednesday, April 26 • 1:00 – 2:30 p.m.

Learn how to use the Plan Finder tool to compare and review Medicare prescription drug and health plans.

North Laurel 50+ Center
9411 Whiskey Bottom Road, Laurel 20723

REGISTER at 410-313-7389 (VOICE/RELAY)



www.howardcountyaging.org/SHIP

Howard County 50+ Centers

CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Bain 50+ Center

Tuesday, April 4 • 10:30 a.m. –

Retirement Planning: The Age of Longevity

Learn how longevity affects the financial risks we face in retirement, and how to avoid making mistakes that prevent financial success. FREE; register at 410-313-7213.

Tuesday, April 11 • 10:30 a.m. – Fire Safety/Fall Prevention

Designed for older adults to learn household safety techniques and how to minimize every day risks. FREE; register at 410-313-7213.

Tuesday, April 18 • 10:30 a.m. – Meet Author Tom Glenn

During the fall of Saigon as the North Vietnamese overwhelm the South, Tom Glenn paints a vivid portrait of the high drama surrounding the end of a war... a city... a people. FREE; register at 410-313-7213.

Wednesday, April 19 • 11:00 a.m. – Ask Dr. Dan:

Making the Most Out of Life Transitions

Transitions are a natural part of life, but can be stressful. Dr. Dan Storch will discuss how to make transitions work for you rather than against you. FREE. Register: 410-313-7213.

Wednesday, April 19 • 1:00 p.m. – Goldenaires Band

Enjoy a free concert by the Goldenaires, featuring swing and big band music. Dancers welcome; refreshments provided. FREE; register at 410-313-7213.

Tuesday, April 25 • Noon – Spring Tea with “Deaux Eaux”

Enjoy finger foods, fabulous wear, beautiful music, and assorted teas. \$5; purchase tickets at the front desk by April 21. Limited seating available.

East Columbia 50+ Center

Wednesday, April 5 • 9:30 a.m. – Antique Appraisal Brunch

Reality check or pleasant surprise? To find out, drop your item off at 9:30 for appraisal, then enjoy brunch until the appraisal show begins at 10:30. Cost: \$12. Register: 410-313-7680.

Thursdays, starting April 6 • 2:30 p.m. –

Strength, Stretch and Core

Our new exercise class emphasizes core muscles with minimal mat work in a fun and spirited atmosphere. April fee: \$23; register at 410-313-7680.

Tuesday, April 11 • 10:00 a.m. –

Senior Safety, Sweets and Spring!

Join us for conversation with André Lingham, HCPD Senior Liaison Officer; spring coloring; sweet treats and a hydrangea sale! FREE.

Thursday, April 13 • 10:00 a.m. –

Beyond Beginner Bridge Lessons

Led by Paul Elstein, this class is for players who have a basic knowledge of Bridge and want to step up to the next level. \$43/four weeks; register at 410-313-7680.

Wednesday, April 19 • 10:30 a.m. – Can You Hear Me Now?

Join Dr. Julie Gilliam to tap into the potential of your mobile device. Bring your devices to learn about basic functionality, entertainment, finances, health and travel. FREE. Register: 410-313-7680.

Elkridge 50+ Center

Temporary Location: 5660 Furnace Avenue, Elkridge 21075

Monday, April 3 • 10:30 a.m. – Coin Collection Presentation

Drage Vukceovich, coin consultant, will show you how to liquidate your coin collection and protect your interests. FREE; details at 410-313-5192.

Friday, April 7 • 11:00 a.m. – Let’s Dish

The incredible, edible egg is full of healthy nutrients. Enjoy a deliciously light dish of deviled eggs and fresh strawberries. FREE; donations accepted. Register at 410-313-5192.

Wednesday, April 12 • 10:00 a.m. – Community Egg Hunt

Our annual egg hunt features games, music and a special egg hunt with the Easter Bunny. Join us! FREE; details at 410-313-5192.

Tuesday, April 18 • 10:15 a.m. – Planning Meeting

When the new Elkridge 50+ Center opens, we want your input to make it great! Share your ideas and suggestions for the new center. Lunch served after the meeting. FREE; register at 410-313-5192.

Friday, April 28 • 10:00 a.m. – AARP Safe Driving Class

Learn about the new rules of the road and how to stay behind the wheel. Insurance discounts may be available upon completion of this class. FREE; register at 410-313-5192.



Low Vision Group

Chana Hurvitz, OTR/L, will present safe and functional living tips to support independence and maintain daily activities. Registration required.

Tuesday, April 4 • 10:15 to 11:45 a.m.

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

Coping with Hearing Loss

Learn to manage your environment and explore hearing devices from a University of Maryland Speech and Hearing audiologist and grad students.

Registration deadline: April 7 • \$30 (scholarships may be available)

Thursdays, April 13-May 4 • 1:30 to 3:00 p.m.

North Laurel 50+ Center, 9411 Whiskey Bottom Road, Laurel 20723

Bereavement Group

Explore the mourning process, coping strategies, and life beyond grief in a supportive atmosphere. Registration Required • Nominal Fee Applies

Tuesday, starts May 2 • 1:30 to 3:00 p.m.

North Laurel 50+ Center, 9411 Whiskey Bottom Road, Laurel 20723

Contact Elaine Widom

410-313-7353 (VOICE/RELAY) • ewidom@howardcountymd.gov

Ellicott City 50+ Center

Mondays, April 3 to 24 • 1:00 p.m. –

Russian History with Gary Kavanagh

Explore the history of modern Russia from the Communist Revolution in 1917 to its current day government, economy and foreign policy. FREE; register: 410-313-1400.

Wednesdays, April 5 to 26 • 1:00 p.m. –

Exploring Life's Mysteries with Doris Fountain

Designed to provide a forum for adults to share life experiences, thoughts, and feelings while getting to know one another socially; discuss a different topic each week. Register at 410-313-1400.

Wednesdays, April 5 to 26 • 10:00 a.m. – Calligraphy

Learn calligraphy using a felt-tip pen; form letters to make greeting cards and more. \$30 + \$3 supply fee, due at first class. Register at 410-313-1400.

Mondays and Wednesdays, April 3 to June 28 • 10:00 a.m. –

Active Adult Exercise

Get moving with a cardio warm-up, strength training, and balance work to strengthen core muscles (requires a high level of independent balance ability). 25 classes/\$106; no class 5/29. Register at 410-313-1400.

Wednesday, April 12 • 12:30 p.m. – Panama Rex Band

Rex and his band play Jimmy Buffett-style music, a genre of oldies but goodies in a music program not to be missed. Parrotheads, pull out your tropical wear. FREE; register at 410-313-1400.

Thursday, April 20 • 1:00 p.m. –

Aromatherapy with Adrienne Hausman

Join Adrienne for a scent-filled afternoon to learn about this ancient therapy for mind, body, and spirit. FREE; register at 410-313-1400.

Glenwood 50+ Center

Thursdays, 1:00 and 2:00 p.m. – New Line Dancing Classes

Choose a beginner or improver level class with instructor, Sharon Grimet. \$55/ten weeks; register at 410-313-5440.

April 1 to 29 – The Beauty of Nature Watercolor Exhibition

Don't miss an exhibition of artwork by Brenda Kidera. A gifted artist and Maryland native, Brenda is a member of several watercolor societies, and has taught for over 20 years. Details at 410-313-5440.

Monday, April 3 – Physical Therapy Comes to Glenwood

Physical therapist, Teresa Heitzman, helps people get back to the lifestyle they love. Call for details and to make an appointment: 410-313-5440.

Monday, April 3 • Noon – Take Me Out to the Ballgame

Enjoy traditional ballpark fare, including peanuts and Cracker Jack, trivia and fun surrounding the Orioles home opener. \$6; re-register at 410-313-5440.

Friday April 7 • 11:00 a.m. – The Fabulous Fifties

Join us as singers from the Lyric Opera House perform the toe-tapping hits of a bygone era. FREE; details at 410-313-5440.

Find us on Facebook at
www.facebook.com/HoCoCommunity



Stay connected to the
Howard County Department
of Community Resources
and Services. Like us today!

North Laurel 50+ Center

Mondays, April 3 to May 8 • 9:00 a.m. –

Decluttering the Mind: Meditation & Movement Class

This fusion class of meditation and light yoga is Spring Cleaning for your mind and body; let go of mind clutter to make way for new ideas. \$35/six sessions. Register: 410-313-0380.

Tuesday, April 4 • 1:00 p.m. – Acoustic Jam Session

Bring an acoustic instrument of your choice and meet up with local music enthusiasts to play folk and classic songs in an afternoon jam session. FREE; drop-in! Information: 410-313-0380.

Wednesday, April 12 • 11:00 a.m. –

This Land was Made for You and Me

Celebrate America as the great melting pot with patriotic and regional songs that highlight our common culture and aspiration for peace and unity. Presented by the Lyric Opera Baltimore. Call 410-313-0380 to sign up and reserve lunch by April 5. Lunch donation (age 60+).

Tuesday, April 18 • 10:30 a.m. – Taking Tea:

Teatime Across the Centuries

Learn the history of popular tea traditions and explore classic tea treats such as English muffins, crumpets, scones and clotted cream. \$2; register at 410-313-0380.

START LIVING WELL TODAY!

Living Well: Take Charge of Your Health

Designed for those living with one or more chronic conditions, this six-week, evidence-based, self-management program can help participants experience positive health outcomes, as well as reduce health complications and the need for emergency care.

Medical Pavilion at Howard County Wellness Center, Columbia Conference Room

10710 Charter Dr., Suite 100, Columbia, MD 21044

FRIDAYS • 10:00 AM – 12:30 PM

April 21, 28 • May 5, 12, 19, 26

\$28 includes 15 hours of workshops and all materials

**To achieve the most benefits from this program,
we encourage a commitment to attend all six sessions.**

Weekly Topics Covered include:

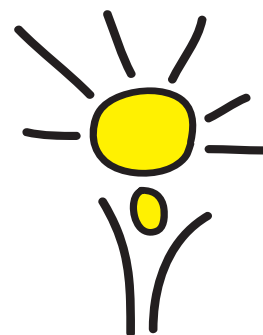
- Nutrition & Healthy Eating
- Appropriate Exercise
- Techniques to Handle Pain, Fatigue, Frustration and Isolation
- Communication Skills
- Stress Management
- Goal Setting

To register or for more information:

NICOLE JONES

njones@howardcountymd.gov

410-313-3506 (VOICE/RELAY)



howardcountymd.gov/livingwell

INFORMATION • INSPIRATION • IDEAS

for living a more balanced, healthier and fulfilled life!



Don't miss Howard County's 9th Annual

WOMENFEST

A Health & Wellness Event for Women

Seminars, Workshops and Demos:

BE CALM Treat your senses at this workshop and explore aromatherapy and essential oils, see how you can easily incorporate them into your life and create your own personal spray mist.

BE CURRENT AND CLUTTER FREE Join these accredited staging and decorating professionals as they walk you through the steps to update your look and declutter your surroundings creating a new and peaceful space.

BE AWARE Scams are a fact of life. Learn how to stay safe when shopping, banking, and connecting with friends on-line.

BE EMPOWERED Need a little help pushing yourself to the next level in your personal or professional life? Join this information-packed seminar to help empower yourself and get where you want to be in life.

BE INFORMED Get educated about this epidemic. From painkillers to heroin, opioid addiction is everywhere; learn how it is impacting families from someone who has walked this path. Know the signs, get support, and just maybe, help save a life.



**Meet Chef Taueret Thomas
from Khepera's Kitchen**

**SPRING INTO SOUPS
COOKING WITH QUINOA**



**FREE ADMISSION AND
CONVENIENT ON-SITE PARKING**

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#HoCoWF17

410-313-5440 (VOICE/RELAY) • www.howardcountymd.gov/womenfest

**Saturday, April 29
10 AM - 3 PM**

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

HIGHLIGHTS

- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Over 100 Vendors and Exhibitors
- Cooking and Fitness Demos
- PLUS, all Day Door Prizes!



SPECIAL GUEST

Ashley James

ABC2 News Anchor
11 a.m. to 1 p.m.

**PROUDLY SPONSORED BY
AND THE**

**"SPOTLIGHT ON WOMEN"
PROGRAM PARTNERS:**



If you need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-1234 at least one week prior.

2017

VETERANS Resource Fair

**Tuesday, April 4
5 TO 8 PM**

Ellicott City 50+ Center

**9401 Frederick Road
Ellicott City 21042**

An event to provide local veterans the opportunity to meet with more than 42 businesses and non-profit organizations dedicated to providing services, support and jobs to veterans. ALL veterans (active, guard and reserve) are invited to attend.

For a full list of exhibitors, visit
www.howardcountymd.gov/veterans

GUEST SPEAKERS

Allan H. Kittleman
HOWARD COUNTY EXECUTIVE

Tom Glenn

AUTHOR AND HOWARD COUNTY VETERAN

Many of Glenn's prize-winning stories came from the 13 years he shuttled between the U.S. and Vietnam on covert signals intelligence assignments before being rescued under fire when Saigon fell. His writing is also inspired by his experiences working with AIDS patients, helping the homeless and caring for those in the hospice system.

PRESENTED BY
 **Howard County Office of
Veterans and Military Families**

For additional information, contact:

Lisa B. Terry at 410-313-0821 (VOICE/RELAY)

lbterry@howardcountymd.gov

Wellness Matters



MAKING the GRADE with HEALTHY AGING

Friday, May 12 ■ 9 am to 2 pm

Ellicott City 50+ Fitness Center

9411 Frederick Road, Ellicott City, MD 21042

WELLNESS EVENT HIGHLIGHTS

- Health Education Experts
- Important Health Screenings
- Fitness Equipment Demonstrations
- Future Planning 101 Seminar
- Lunch and Learn: Nutrition 101

- FREE Admission
- Limited Seating

BOX LUNCHES
Available for
Purchase

ORDER BY MAY 9
410-313-1400

www.howardcountymd.gov/aging

Don't Miss the 2017 Howard County CYCLING SEASON KICK-OFF!

Cycle2Health
HOWARD COUNTY



A non-competitive, peer-led, bicycling club
for adults of all ages and abilities!

 Howard County Office on
Aging and Independence

Tuesday, May 2 • 9:00 a.m.
Ellicott City 50+ Center

MEET AT THE SIDE PARKING LOT AT
9401 Frederick Road, Ellicott City 21042

**LEARN MORE ABOUT C2H AND TAKE
ADVANTAGE OF FREE BIKE SAFETY CHECKS**

Pre-register online. Join us for the first ride of the season!

This is a recreational program for the benefit of exercise and to explore the natural beauty and sights of Howard County. A \$15 annual fee is required and will be collected at registration and applied to the spring through fall riding season. Rides vary in length and difficulty.



TO REGISTER OR FOR MORE INFORMATION, CONTACT

Jeannie DeCray, Program Coordinator
410-313-6535 (VOICE/RELAY)
jdecray@howardcountymd.gov

www.howardcountymd.gov/C2H

THE MOSAIC PROJECT

FREE STUDIO WORKSHOP

"CONSTELLATION" the 2017 Mosaic Art Project

Learn the basic techniques of mosaic-making, including glass-cutting and grouting, and complete an initial take-home piece. Create an element to be combined into a large-scale installation, which will be available for public viewing. Must be a Howard County 50+ Center member to participate. No previous experience necessary. Space is limited; register today!

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

**Thursdays, April 20 – May 4
9 a.m. to 12:30 p.m.**

Michelle Feng

PHONE 410-313-0380 (VOICE/RELAY)

EMAIL yfeng@howardcountymd.gov



This specialized program is for adults 18 and over and specifically designed to maintain independence, enhance memory and improve the overall health of participants.

Enroll at Your Nearest Location:

Connections Social Day Program at Ellicott City

Ellicott City 50+ Center
9401 Frederick Road, Ellicott City, MD 21042

Felicia Stein, Director • 410-313-1425 (VOICE/RELAY)

EMAIL fstein@howardcountymd.gov

Monday thru Thursday: 10 AM to 2 PM • Fridays: 10 AM to 1 PM

Connections Social Day Program at Glenwood

Glenwood 50+ Center
2400 Route 97, Cooksville, MD 21723

Judy Miller, Director • 410-313-5442 (VOICE/RELAY)

EMAIL jumiller@howardcountymd.gov

Tuesdays and Thursdays: 9 AM to 1 PM

Connections Social Day Program at North Laurel

North Laurel 50+ Center
9411 Whiskey Bottom Road, Laurel, MD 20723

Nancy Riley, Director • 410-313-7218 (VOICE/RELAY)

EMAIL nriley@howardcountymd.gov

Monday thru Friday: 9:30 AM to 1:30 PM

A daily fee covers all program costs, trips, snacks and lunch; a sliding fee scale is available to Howard County residents. Transportation is the responsibility of family/caregiver; staff can provide information on public and private transportation options. This program is certified as a Senior Center Plus program by the Maryland Department of Aging.

Pets Are Us... Explore the Connection

Thursday, April 20, 6:00 – 7:30 p.m.

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia, MD 21044

Jane Ranier, owner, Lucky Dog Wellness, specializes in canine massage and energy work to help pets regain and maintain balance and well-being. Jane will demonstrate canine massage. And, Karen Hull, Howard County Office on Aging and Independence, will facilitate a program on pet bereavement. FREE.

REGISTER AT BAIN 50+ CENTER OR CALL 410-313-7213 • PLEASE, NO PETS • LIGHT REFRESHMENTS

More info: Karen Hull at khull@howardcountymd.gov OR 410-313-7466



www.howardcountymd.gov/aging

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